



August 2020



Hello Members

Highland Senior Center

505-767-5210

131 Monroe NE
Albuquerque, NM
87108

WHILE OUR CENTERS REMAIN CLOSED TO THE PUBLIC, WE HAVE HEARD YOUR NEED FOR MORE SOCIAL ACTIVITIES AND PROGRAMS AND ARE WORKING ON A SERIES OF VIRTUAL PROGRAMMING WITH THE GOAL OF KEEPING YOU ENGAGED. LOOK FOR MORE DETAILS ON CABQ.GOV/SENIORS OR IN NEXT MONTH'S NEWSLETTER! IN THE MEANTIME, YOU SHOULD CHECK OUT SOME OF THE VIRTUAL OFFERINGS AND CITY DISCOUNTS FOR OLDER ADULTS IN OUR MODIFIED ACTIVITIES CATALOG, WHICH WILL BE DELIVERED TO YOU IN THE AUG. 2 EDITION OF THE ALBUQUERQUE JOURNAL AND WILL ALSO BE AVAILABLE AT ALL OF OUR PICK-UP MEAL SITES. AS ALWAYS, OUR TEAM REMAINS COMMITTED TO DELIVERING ESSENTIAL SERVICES TO OUR COMMUNITY. I ENCOURAGE YOU TO REACH OUT TO OUR SENIOR INFORMATION LINE AT 505-764-6400 IF YOU'D LIKE TO KNOW MORE.

All Centers Closed



ANNA SANCHEZ,
DIRECTOR, DEPARTMENT OF SENIOR AFFAIRS



The Department of TK is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

General Information & Assistance

Survey for Grandparents Raising Grandkids

The Partnership for Community Action is looking to gather information about the experience of grandparents raising their grandchildren, including what resources are most valuable. To participate in the telephone survey, call (505) 264-4484. All participants will be given a \$35 gift card.

Age-Friendly Albuquerque

The City of Albuquerque is applying for Age-Friendly designation through the World Health Organization (WHO) and AARP. Age-friendly cities are livable and thriving communities that improve the lives of all. Age-Friendly designation recognizes communities for their livability standards and identifies dynamic ways communities can progress through age-friendly initiatives. The City of Albuquerque is committed to grow as an age-friendly city and invites Albuquerque adults of all ages to participate in this exciting community project. Participants can take a short survey, phone interview and/or join an online focus group to share their age-friendly ideas. Visit www.cabq.gov/agefriendly, email agefriendlyabq@cabq.gov or call (505)-333-9769 for more information on Age-Friendly Albuquerque.

You Can Help Fund Senior Services in NM

Did you know that senior services expenditures and other federally funded programs are directly affected by the population of a state? That's why it is vital that every older adult is counted in the 2020 Census. If you haven't already completed the Census please do so—you can respond online, over the phone or using the paperwork mailed to you. Census data is confidential and your individual responses will not affect your tax status or insurance premiums. What Census data does do is determine federal funding to Medicare, Medicaid, and many other federally funded programs that assist families. The data also will determine your political representation for the next 10-years at the local, state, and federal levels. Remember, the Census Bureau will never ask for your Social Security number, bank account number, or money of any kind. Learn more at www.icountnm.gov.

Grab -N- Go Lunches

The Following Center are temporarily serving To-Go Lunches for drive through pick-up and take home. Lunches will be distributed from 11:30am - 1:00pm outside the of the centers listed below.

Barelas Senior Center

714 Seventh St. SW 764-6436

North Valley Senior Center

3825 4th St. NW 761-4025

Los Volcanes Senior Center

6500 Los Volcanes NW 767-5999

Manzano Mesa Multigenerational Center

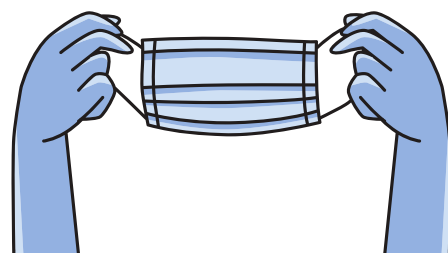
501 Elizabeth SE 275-8731

North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE 764-6475

Remember: Wear Your Mask!

Even though you don't need to get out of your car for your pick-up lunch, we would still appreciate if you wore a mask. Our team members come within 6 feet to hand you a meal and we want to make sure we are protecting both you and them!



Monthly Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

3

Carne Adovada
Pinto Beans
Spanish Rice
Orange

4

**Lemon Pepper
Tilapia**
Potatoes
Oriental Blend
Vegetables

5

Turkey Salad
Penne Pasta Salad
Peaches w/Cottage
Cheese

6

**Baked Mac &
Cheese**
Corn, Broccoli,
Mixed Fruit

7

Beef Fingers
Green Beans
Au gratin Potatoes
Chocolate chip cookie

10

Philly Sandwich
Baked Beans
Mixed Vegetables
Grapes

11

Spinach Lasagna
Imperial Vegetables
Banana

12

**Oven Fried
Chicken**
Mashed Potatoes
Corn
Honey Dew

13

**Salmon w/Dill
Sauce**
Lemon Brown Rice
Vanilla Pudding

14

Pork Chop
Sweet Potato
Mixed Vegetables
Yogurt

17

**Spinach Turkey
Salad**
Orzo Pasta
Mandarin Oranges

18

Frito Pie
Mexi-Corn
Pear

19

Denver Omelet
Hash Browns
Stewed Tomatoes
Cantaloupe

20

Breaded Catfish
Black Eyed Peas
Collard Greens
Apple Sauce

21

Baked Ziti
Imperial Vegetables
Garlic Bread Stick
Sliced Apricots

24

Turkey w/Gravy
Stuffing
Brussel Sprouts
Chocolate Cake

25

**Green Chile
Cheeseburger**
Steak Fries
Spinach
Sugar Cookie

26

Chicken Florentine
Ancient Grain
Oriental Vegetables
Vanilla Pudding

27

**Broccoli Mac &
Cheese**
Succotash
Apple Cobbler

28

Swedish Meatballs
Noodles
Peas w/Mushrooms
Sliced Apricots

